

Moore County Parks & Recreation  
2016 Flag Football Rules  
[www.moorecountync.gov/rec](http://www.moorecountync.gov/rec)

1. **Mouthpieces are mandatory for practice and games**; No player will be allowed to participate without one. Mouthpieces are available at the concession stand for \$1.00.
2. **Playing Time**: Each Player is required to play a minimum of two series (a set of at least 3 plays) on offense and defense.
3. Game Times will be 6:00pm and 6:45pm on Monday, Tuesday and Thursday. We will also play games on Saturday beginning at 9:30am. **\*\*Teams will use flags that are issued to them at the beginning of season for all games.**
4. Extra point after touchdown:  
    (1 point) - 5 yard line — Team must pass for extra point.  
    (2 points) - 12 yard line — Team may pass or run for two extra points.
5. Defenders rushing quarterback MUST be at least seven (7) yards from line of scrimmage until the ball is snapped. If the ball is handed off, all players may cross the line to attempt to get the offensive players' flag. In the 9-10 league if the ball is handed off or pitched, all players may cross the line to attempt to get the offensive players' flag.  
    Penalty: Automatic 1<sup>st</sup> down.
6. Offensive players cannot "guard" or run beside the player running the ball deliberately shielding the defenders from the runner.  
    Penalty: 10 yard penalty from line of scrimmage and loss of down
7. If a player running the football falls to the ground, the play is dead and the football will be spotted where the players' knees landed. If a player in possession of the ball flag falls off without being pulled, the play is dead at the point where the flag fell off. If a receiver catches a pass with flag out the catch is good and the ball is dead where the catch was made.
8. Doing a running play inside the no-run zones.  
    Penalty: Loss of down
9. No pitches or laterals of any kind in the 6-8 yr old league.  
    Penalty: Loss of down
10. In the 9-10 and 11-12 leagues, one pitch behind the line of scrimmage will be permitted.
11. Players may not wear jewelry.
12. One coach per team may be in their teams' huddle, but must move back away from the players prior to the ball being snapped.
13. Coaches may not touch players during a live ball.  
    Penalty: Offense — Dead ball and loss of down at original line of scrimmage  
    Defense — 10 yard penalty, automatic first down

14. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. Penalty after warning: 5 yards

### **Sportsmanship**

- Any coach ejected from a game must leave the park immediately and is subject to a (2) game suspension for the next two (2) games his/her team plays. The Coach that has been ejected may attend the next two games as a spectator; but will not be allowed inside the fenced area or participate in any form with the team. The penalty may be carried over into the next sport or season. The coach who was ejected may not have any contact with his/her team until meeting with a Moore County Parks and Recreation staff member about their ejection.
- A player that is ejected from the game is restricted to the bench for the remainder of the game and must serve a one game suspension for the next game his/her team plays.
- Any spectator ejected from the park must leave the premises immediately; the game will be delayed until the offender leaves. If the spectator does not leave the premises in a timely manner, the game will be forfeited. The person who was ejected is subject to the two game suspension rule (same as coach); they may come to the games, but are not allowed inside the fenced in area of the park. They will be permitted to watch from top of the hill area only. The person who was ejected may not attend another game until he/she meets with a Moore County Parks and Recreation staff person.

### **Basics**

- Visitor gets first possession in the first half; Home team gets possession in the second half. If overtime is required; a coin flip will determine first possession. Home team will be listed second on schedule.
- The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield, its has three plays to score a touchdown. If the offensive fails to score, the ball changes possession and the new offensive team over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Interceptions may be returned.
- Games consist of two twenty (20) minute halves with a five (5) minute half time.
- There are NO kickoffs, and NO blocking is allowed.

### **Players**

- Teams are required to have (5) players on field at all times.
- Teams may play with (4) players only if a fifth player is not present.

### **Timing and Overtime**

- Games are played in two 20 minute halves and 5 minute half time. If after 40 minutes of play the game is tied; teams will move directly into overtime. Flip a coin to see who gets the ball first. The first team to score wins.
- Each team has one 60-second and one 30-second time-out per half.
- Officials can stop the clock at their discretion.

### **Scoring**

- Touchdown: 6 Points
- Extra Point: 1 point (played from the 5-yard line) or 2 points (played from the 12-yard line)
- Safety: 2 points.
  1. Fumble in the end zone – Defense receives the ball on its 5-yard line
  2. Flag pulled or if flag falls out – Defense receives the ball on its 5-yard line

**Note:** Penalty in the end zone results in yardage of penalty or half distance to the goal from the previous spot.

### **Running**

- The quarterback cannot run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. (In the 9-10 and 11-12 league; one pitch behind the line of scrimmage will be permitted.)
- Offense may use multiple handoffs.
- “No Running Zones” located five yards from each end zone and five yards from on either side of midfield are designed to avoid short-yardage power running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.
- Absolutely NO laterals or pitches of any kind are allowed in the 6-7-8 year old league.

### **Receiving**

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

## Passing

- Shovel passes are allowed.
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball has been handed off, the seven-second rule no longer is in effect.
- All passes must be thrown from behind the line of scrimmage and received on the other side of the line of scrimmage. This includes shovel passes.
- Interceptions may be returned.

## Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
  1. Ball carrier’s flag is pulled
  2. Ball carrier steps out of bounds
  3. Touchdown or safety is scored
  4. Ball carrier’s knee hits the ground
  5. Ball carrier’s flag falls out

**Note: There are no fumbles. The ball is spotted where the ball hits the ground.**

## Rushing the Quarterback

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind line of scrimmage. A referee will designate seven yards from the line of scrimmage. **Remember, no blocking or tackling is allowed.**

## Sportsmanship / Roughing

- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

## Penalties

- All Penalties will be called by the referee.

## Defense

- **Offsides:** Five (5) yards and automatic first down
- **Interference:** Ten (10) yards and automatic first down
- **Illegal contact (holding, blocking, etc.):** Ten (10) yards and automatic first down
- **Illegal FLAG pull (before receiver has ball):** Ten (10) yards and automatic first down
- **Illegal rushing (starting rush from inside 7-yard marker):** Ten (10) yards and automatic first down

## Offense

- **Illegal motion (more than one person moving, false start, etc.):** Five (5) yards and loss of down
  - **Illegal forward pass (pass thrown beyond line of scrimmage):** Five (5) yards and loss of down
  - **Offensive pass interference (illegal pick play, pushing off/away defender):** Ten (10) yards and loss of down
  - **Flag guarding:** Ten (10) yards (from line of scrimmage) and loss of down
  - **Delay of game:** Clock stops, Ten (10) yards and loss of down
1. Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
  2. Only the coach may ask the referee questions about rule clarification and interpretations. Coaches cannot question judgment calls.
  3. Games cannot end on a defensive penalty, unless the offense declines it.

## Attire

- Cleats are allowed, except for metal spikes. Inspections must be made. All players must use a protective mouthpiece; there are no exceptions.
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## Field Dimensions

- Playing field is 70 yards long x 30 yards wide
- Each end zone is 10 yards deep
- Each half is 25 yards from end zone to midfield.
- No Run Zones are located five (5) yards from each end zone and five (5) yards on either side of midfield (painted orange on game fields)